

# Mindfulness-Based Resilience Training

8 Weeks • Virtual • Evidence-Based

Create space for what matters most

## Program Overview

**This program will help you carve out dedicated time to explore and cultivate the foundations of resilience.** You'll learn a life-changing set of skills for calm, resilience, and emotional intelligence that will help you improve your work, life, and wellbeing in every sphere. You will walk away from the program feeling inspired and empowered to show up as the best version of yourself and to help your colleagues, students, and communities do the same.

*This is an evidence-based program designed by a mental health professional and derived from the latest neuroscience, positive psychology, and wellness research.*

- ✓ LIVE, interactive, educational experiences + expert coaching
- ✓ Opportunities to authentically connect, learn, and grow with fellow education peers
- ✓ Simple, science-based practices for resilience, emotional intelligence, and healthy high performance
- ✓ Strategies + tools to lead with mindful presence at work and in everyday life
- ✓ Digital toolkit with on-demand recordings, learning materials, and inspiring resources

*"Of all the things our organization has focused on this year, this was hands down the best choice they could have made. The program truly was about doing something for yourself."*

— Willamette ESD Program Participant, 2020

*"When I get stressed at work, instead of plowing through I give myself time to reset and get present. Maybe take a walk if I need it. Before I would have not done that because I would have saw it as a waste of my time, but now I realize it makes me so much more effective."*

— COSA x Pause Program Participant, 2021

## About Pause

Pause is a trusted leader in the modern mindfulness movement. Based on 40+ years of research, our unique Pause Method™ of Mindfulness-Based Resilience Training helps people tap into their inner resources for resilience to rebound from overwhelm, find greater balance, and prevent burnout.

[pausemeditation.org](https://pausemeditation.org) | [connect@pausemeditation.org](mailto:connect@pausemeditation.org) | 503-343-4831



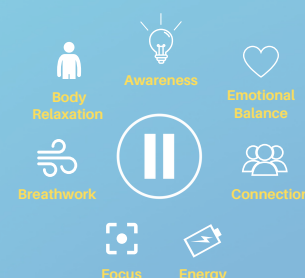
### LIVE VIRTUAL TRAINING SESSIONS

Expert guidance and a comprehensive curriculum to help you reduce stress, boost resilience, and lead with presence.



### DIGITAL RESILIENCE TOOLKIT

Powerful tools and interactive resources at your fingertips.



### DAILY PAUSE PRACTICES

Simple practices to help you integrate mindfulness into every sphere of your work (and life) experience.

# Our Curriculum **PAUSE METHOD™**

## CALM

### **SOMATIC (BODY) INTELLIGENCE**

Remain calm under pressure, reduce reactivity, and thrive in the face of adversity.

## CLARITY

### **EMOTIONAL INTELLIGENCE**

Skillfully work with difficult emotions, make wiser decisions, and cultivate a higher baseline of wellbeing.

## CREATIVITY

### **REFLECTIVE INTELLIGENCE**

Deepen self-awareness, recognize unconscious bias, and shift into a growth mindset to unlock fresh possibility.

## CONNECTION

### **RELATIONAL INTELLIGENCE**

Respond to hardship adaptively with empathy and compassion that promotes confidence, connection, and safety.



## **BRAIN TRAINING**

- Step by step
- Evidence-based
- Inner strength
- Response flexibility
- Burnout prevention

## Program Design

### **LIVE INTERACTIVE TRAINING**

- 8 Live Core Trainings (60 minutes; 1x per week)
  - Pause Method™ – Mindfulness-Based Resilience Training
- 8 Live Pause Practice Sessions (15 minutes; 1x per week)
  - Continuity of skill development + integration
  - Weekly commitment to mental health + resilience
- Resilience Coaching
  - Group coaching
  - 1:1 email/video support
  - After session office hours

### **DIGITAL TRAINING CENTER**

- Access to a robust Digital Training Center
  - Core Training videos (recorded for on-demand viewing)
  - Pause Practice videos (recorded for on-demand viewing)
  - Resilience tools:
    - Guided meditations
    - Daily on-the-go + scheduled challenges
    - Integration strategies + techniques
  - Printable supplemental resilience resources



**Enroll yourself or your whole team in our Fall 2022 program!**

The next 8-week program will be offered through COSA in the fall of 2022.  
Stay tuned to COSA's website + announcements for details.